



Mayor Jason L. McCoy Announces The Vernon Parks and Recreation Department's Spring 2011 Programs



www.Vernon-CT.Gov

REGISTRATION AND GENERAL INFORMATION

CONSIDER YOURSELF REGISTERED – if you do not hear from us. You will be notified if a change occurs or if the program is filled. You are automatically put on the waiting list and your payment returned if the class is filled at the time your registration is received. Assume classes will begin on the dates listed. If you would like a receipt, please enclose a SASE with your registration. All programs are open for registration unless otherwise noted in the program description.

You may register on-line at
www.vernon-ct.gov

INSURANCE – All persons participating in recreation programs should carry their own personal health insurance. The Town of Vernon is not responsible for per-

sonal injuries. Participants in all department sponsored programs participate at their own risk. Only those enrolled in the program may attend.

ADA – The Town of Vernon does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in provision of programs and services. We are committed to assuring equal access to programs, activities, and services to all individuals. If you or a family member needs assistance, please let us know when you register.

CLASSES – We reserve the right to limit class size and to cancel classes failing to meet minimum requirements. Vernon residents are given preference for all programs during the 1st week of registration.

PAYMENT – Registration is not considered valid until the program fee is paid. We accept cash, check, Mastercard or Visa.

REFUNDS – Are given only prior to the start of classes or if we cancel the program. Once an activity has started no refunds will be granted except in the case of injury, illness, or relocation. Refunds will then be given on a pro-rated basis and are under the discretion of the Parks and Recreation Director. Please note that there is a **\$5.00 Charge** for refunds and transfers.

INCLEMENT WEATHER – In the case of inclement weather, the Parks and Recreation Department reserves the right to cancel programs for the day. All decisions on programs will be made by 4:00 p.m., unless your program starts earlier.

STAFF DIRECTORY

General phone number: 860-870-3520
Mayor: Jason L. McCoy
Director: Bruce Dinnie
Assistant Director: Steve Krajewski
Administrative Assistant: Diane Garnelis
Recreation Supervisor: Bruce Watt
Recreation Supervisor: Amy Locandro
Park Supervisor: Dave Bower
Park Maintainers: Mitch Reid,
Mark Lucas, Rob Arthur, Jeff Lemay
Joe Powers, Jeff Carlson

FREQUENTLY REQUESTED NUMBERS

Rockville Little League-
Chris Holt 860-875-7547
Vernon Little League-
Kim Aliczi 860-558-6478
Vernon Youth Baseball-
Dave Glidden 860-872-0455
Girls' Little League Softball-
Mike Bolduk 860-649-6369
Vernon Youth Soccer-
Jordan Scheff 860-872-1668
Vernon Youth Football-
Scott Hagelin 860-871-0619
Youth Hockey-
Jim Larza 860-529-5295
Youth Lacrosse-
Bruce Gezelman 860-870-9461
Over 55 Softball-
Mary Gracyalny 860-712-1274
Junior Women's Club-
Nancy Carter 860-871-2233
Vernon Town Hall 860-870-3599
Vernon Public Works 860-870-3500
Vernon Animal Control 860-870-3558
Indian Valley Y.M.C.A. 860-872-7329
Vernon Orioles-
Steve Krajewski 860-870-3520

SCHOLARSHIP PROGRAMS

It is our policy that residents of Vernon who cannot afford to participate in programs or activities can make confidential inquiries for assistance to Bruce Dinnie, Director of Parks and Recreation (860-870-3520)

NO CLASS DATES - Class and programs that are not scheduled for a certain date i.e. holiday, are marked with a NC and followed by dates that the class will not meet.

ADULTS CLASSES/LEAGUES

ADULT SOFTBALL

Teams interested in participating in the Men's, Co-ed or Women's softball leagues are asked to call the Parks and Recreation office. Entrance fee is \$825 and space is limited. Season starts the week of April 19.

COMMUNITY GARDENS

Located at Vernon Center Middle School, individuals can rent a 25x25 garden plot for their personal gardening needs. Each plot costs \$20 (\$15 for seniors) and will be ready for planting by May 13. Registration for last year's gardeners will start March 21. All new gardeners may register starting April 11. For more information call 870-3520.

PILATES

What Is Pilates? Pilates is an exercise option for everyone. Designed to develop a strong core (stomach, back and glutes) while maintaining loose, limber limbs. The exercises provide multiple variations to meet the needs of different body types. It strengthens the body, while keeping all the joints mobile and flexible. While it's not cardiovascular exercise, you'll feel your muscles working and probably break a sweat. Bring a mat, comfortable clothes, and water. This is a mixed-level class taught by a certified instructor from Personal Euphoria. All skill levels are welcome to attend. This is a 6 week class. Minimum class size 8.

When: Mondays, May 2-June 13

Time: 5:30-6:30p.m.

Where: Vernon Teen Center
Fitness Room

Fee: \$60 Residents
\$65 Non-Residents

Instructor: Gina, Personal Euphoria

CARDIO KICKBOXING-NEW

This class combines cardio conditioning, toning, and self defense techniques to help you build lean muscle

and increase your energy levels and confidence. A Cardio Kick workout is sure to burn calories, build strength, and invigorate your entire day. Participants will need to bring a mat, as there is a segment for glutes and abs as well! Good for all fitness levels. This is a 6 week class.

When: Mondays, May 2-June 13

Time: 7:00-8:00pm

Where: Center 375
(Teen Center) Gym

Fee: Resident \$53
Non-Resident \$58

Instructor: Gina, Personal Euphoria

TAI CHI

This class is a traditional Chinese low impact exercise. It is the best balance conditioning exercise through smooth execution and focus on developing the internal energy flow of the individual. Tai Chi helps numerous areas such as body balance, weight loss, stress release, flexibility, increase memory and much more. Come join this class and feel healthier, more energetic and happier! This is an 8 week class.

When: Mondays, April 25-June 20

Time: 6:30-7:30p.m.

Where: Vernon Teen Center
Fitness Room

Fee: Residents \$56
Non-Residents \$61

Instructor: Amy Xie

CARDIO/STRENGTH CLASS

Get Fit. Stay Fit. For Life! Join this class and get amazing health benefits! This is a cardio/strength class will improve self confidence, speed up your metabolism, strengthen your heart and so much more. This program is a 6 week class taught by W.I.T.S. certified Personal Trainer, AFAA Group Fitness Instructor Holly Pellegrino. Minimum 8 in class.

When: Tuesdays, April 26-May 31

Time: 4:30-5:30p.m.

Where: Vernon Teen Center
Fitness Room

Fee: \$53 Residents
\$58 Non-Residents

LOW IMPACT AEROBICS

This is a low impact aerobics program for those ages 17 and older and will be sure to get you a good workout. Participants will move and tone their bodies to various music, while at the same time meet new friends. This is a 6 week class.

When: Tuesdays, April 26-May 31

Time: 7:00-8:00p.m.

Where: Vernon Teen Center
Fitness Room

Fee: Residents \$40
Non-Residents \$45

Instructor: Pat Stauder

YOGA

Learn to relax, reduce stress, stretch, strengthen muscles and joints, and develop a more flexible body. Special attention is given to the spine, as the focus is on proper alignment, posture, and limbering up. Relaxation with deep breathing is emphasized, so that both mind and body feel restored and rejuvenated. Classes are appropriate for all ages, levels of ability, and belief systems. Please wear loose clothing and bring a mat or towel for extra comfort. Classes meet for 6 weeks.

Tuesday MORNING Class

April 19-May 24
10:30-11:45a.m.

Thursdays EVENING Class

April 14-May 19
5:45-7p.m.

Where: Vernon Teen Center
Fitness Room

Fee: Residents \$50
Non-Residents \$55

Instructor: Donna Edgarton

ZUMBA

"Ditch the Workout - Join the PARTY!!!" Working's never been known to be much fun UNTIL NOW! Zumba® Latin Dance-Fitness fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba® Fanatics achieve long term health benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Marlene's routines feature interval training sessions where fast and slow rhythms, plus resistance training are combined to tone and sculpt your body while burning fat. She focuses strongly on increasing your strength and flexibility in the core. Add some Latin flavor and international zest into the mix and you've got Zumba®! Zumba® promises to give you a GREAT workout while having a blast and will get you hooked right away! This program is for those 13 and up, so adults can bring their teenagers too!

When: Tuesdays, April 5-May 10

Time: 6:30-7:30p.m.

Where: Vernon Teen Center
Gymnasium (Center 375)

Fee: Residents \$53
Non-Residents \$58
Daily Drop In Rate: \$10

Instructor: Marlene



For more information please contact
Vernon Parks & Recreation
120 South Street, Vernon, CT 06066 • 860 - 870 - 3520

A Message from the Mayor



tunities benefit the individual, the economy, the environment and the entire community of Vernon.

I am proud to be able to provide a variety of safe accessible, physically attractive and enjoyable, leisure time facilities and activities for Vernon residents of all ages. You are invited to enrich your recreational opportunities in your leisure time through participation in the Vernon Parks and Recreation Department.

I encourage you to get out and see what our Parks and Recreation Department has to offer. Find out for yourself why the "Benefits are Endless." Stop by our facilities or visit us on-line at www.vernon-ct.gov.

Sincerely,

Mayor Jason L. McCoy

Spring is upon us! The Vernon Parks and Recreation Department staff and I would like to make sure you have the best experience possible when you come out to enjoy your ball fields, nature trails, picnic groves, playgrounds and pavilions.

Our mission is committed to the effective management of our parks and other facilities in which to provide positive leisure opportunities. These oppor-

connecticut golf land & games

Bring the Family!

GAME ROOM OPEN

★ Fridays, Saturdays,
★ Sundays & Holidays
11 am – 9 pm

Grand Re-opening April 1st

Mini Golf • Go Karts ★
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www.ctgolfand.com



Seated: Owners Philip and Jessica Pietras
Back L-R: Jennifer R., Jacqueline, Robert, Jennifer A., Corrine

Pietras Family Funeral Homes

Pietras Family Funeral Home has been family owned and operated and serving the area's needs since 1913. Our primary goal is serving our communities. To better serve that purpose we incorporated Burke-Fortin and Tolland-Memorial Funeral Homes. These four locations allows us better flexibility and greater convenience for you. The things that are important to you are what make us different in our business... personal details, family, community, and being a good neighbor. We are always available to speak with you during a difficult time or just for information on planning for the future. We make arrangements to fit your needs for burials or cremations."

**Funeral Directors - Philip & Jessica Pietras, Robert J. Binkowski,
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Tolland Memorial Funeral Home
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860-875-1415

SUMMER CAMPS

SESSIONS (Newhoca, Center 375, Valley Falls, Henry Park, Kiddie Camp and Teen Camp)

SESSION 1: June 27-July 1

SESSION 5: July 25-July 29

SESSION 2: July 5-July 8

(No camp July 4)

SESSION 6: August 1-August 5

SESSION 3: July 11-July 15

SESSION 7: August 8-August 12

SESSION 4: July 18-July 22

SESSION 8: August 15-August 19

POST CAMP: August 22-26

FEES

CENTER 375 AND VALLEY FALLS CAMP

Residents: \$75

Non-Residents: \$80

HENRY PARK CAMP

Residents: \$60

Non-Residents: \$65

CAMP NEWHOCA

Residents: \$90

Non-Residents: \$95

KIDDIE CAMP

Residents: \$75

Non-Residents: \$80

TEEN CAMP

SESSIONS 1-5, 7,8

Residents: \$95

Non-Residents: \$100

SESSION 6

Residents: \$125

Non-Residents: \$130

EXTENDED A.M.

Residents: \$20

Non-Residents: \$25

EXTENDED P.M.

Residents: \$30

Non-Residents: \$35

POST CAMP

Residents: \$105

Non-Residents: \$110

LATE FEE

Late fees apply to those who are not picked up on-time. Fee is \$5 for the first 15 minutes, \$1 per minute thereafter.

KIDDIE CAMP

Kiddie Camp is held at Center 375 from 9:00a.m. to 3:30p.m. and is for children ages 4-5 years old. Campers meet in the Fitness Room of Center 375 each day. This location also features playing fields, playground and a kiddie pool. Children do activities that focus on interaction with peers, have theme weeks, physical fitness, educational learning activities, arts and crafts, story time, movies and much more. Limit is 25 campers. Campers attending this camp ARE eligible to register for the Center 375 Extended Day program. No bus transportation is provided. Photo ID is required to sign out your child.

CENTER 375 CAMP

This camp is held at the Center 375 from 9:00a.m. to 3:30p.m. and is for children ages 6-12 years old. This location features a swimming pool, softball field for games, basketball court, playground, picnic area and an air conditioned indoor facility. Campers enjoy fun theme days, physical fitness, arts and crafts, open swim and much more! Limit is 60 campers. Campers attending this camp ARE eligible to register for the Center 375 Extended Day program. No bus transportation is provided. Photo ID is required to sign out your child.

VALLEY FALLS NATURE CAMP

This camp is held at Valley Falls Park from 9:00am to 3:30pm and is for children ages 6-12 years old. Campers meet at the Valley Falls Pavilion in the morning and are picked up there in the afternoon. In the event of inclement weather, campers are to go to the Valley Falls Barn. This camp features nature with special explorations in the pond, learn about fishing, excursions on hiking trails, special guest presenters and much more! Along with fun nature explorations, campers will also enjoy fun camp games, arts & crafts, swim time, basketball court and much more! Limit is 40. Campers attending this camp ARE eligible to register

for the Valley Falls Extended Day program. No bus transportation is provided. Photo ID is required to sign out your child.

HENRY PARK CAMP

This camp is held at Henry Park from 8:30a.m. to 4:00p.m. and is for children ages 6-12 years old. Campers meet at the Picnic Grove in the morning and are picked up there in the afternoon. This location features a swimming pool, multiple baseball fields for games, basketball courts and a playground with a spray pool. **A free lunch program is offered at this site.** In the event of inclement weather, campers will be bused to one of the town's elementary schools. Limit is 80 campers. Campers are NOT eligible for the extended day program. No Bus transportation is provided. Please note this camp has longer camp hours. Photo ID is required to sign out your child.

CAMP NEWHOCA

This camp is located at Newhoca Park which is on Middle Bolton Lake and goes from 9:00a.m. to 3:30p.m. It is for campers ages 6-12 years old. This camp features swimming in the lake, canoes & paddle boats, basketball courts, hiking, field games, an arts&crafts instructor, exciting theme days and much more! This camp also has indoor facilities featuring an Arts and Crafts cabin, Game Room (with Foosball tables, Air Hockey, board games, etc), Rec Hall and an office. During sessions 2,4,6 and 8, campers ages 10-12 are eligible to sign up for a sleepover at Camp Newhoca. Camp Newhoca is known for their exciting themes. Such themes include Survivor, Caribbean, Movie Star, Olympic and much more! Camp Newhoca will definitely provide fun times, good friends and happy memories! Photo ID is required to sign out your child. Bus transportation is ONLY provided from Valley Falls: Drop-Off 8:45a.m. Pick Up 3:45p.m.

TEEN CAMP

This camp is located at Henry Park from 8:30a.m. to 4:00p.m. and is for children ages 12-15 years old. This location features a swimming pool, baseball fields, basketball court, tennis court, volleyball court and much

more! Campers play field games, go swimming and go on field trips twice a week. Such field trips include Lake Compounce, rope courses, bowling and much more. Session 6 will include an overnight trip to Club Getaway in Kent, CT (brought back by popular demand) A free lunch program is offered at this site. In the event of inclement weather, campers will be bused to one of the town's elementary schools. Limit is 30 campers. Campers are NOT eligible for the extended day program. No bus transportation is provided. Please note this camp has longer camp hours. Photo ID is required to sign out your child.

EXTENDED DAY

This is an extension to the summer camp day that allows you to drop off your child as early as 7:30a.m. and stay as late as 6:00p.m. in the evening. Campers needing Extended Day for Camp Newhoca and Valley Falls will be located at Valley Falls Park (in the event of inclement weather it is held at the Valley Falls Barn). Camp Newhoca campers will be bused to Newhoca Park. Campers needing Extended Day for Center 375 and Kiddie Camp will be located at Center 375. Please note, this program is NOT available for Henry Park campers and teen campers, as transportation is NOT provided to site. Photo ID is required to sign out your child.

POST CAMP

This program allows you to keep a normal schedule at the end of the summer. It is located at Center 375 and is for children ages 5-12 years old. A wide variety of camp activities are offered as well as swimming. Camp runs from 7:30a.m. –6:00p.m. Photo ID is required to sign out your child.

SPORTS CAMPS

SPORTS SQUIRTS PROGRAM

The Sport Squirts program introduces children aged 3 to 5 to a variety of sports such as soccer, T-ball, basketball, lacrosse and hockey, all taking place in a safe, structured environment, ensuring learning is taking place. Activities are designed to evoke a child's imagination in which they can Find Nemo, send Shrek into a spin or capture jellyfish with Sponge Bob Square Pants. All activities promote hand-eye coordination, movement and balance and most importantly Fun, Fun, Fun.

Location: Rockville High School
Dates: July 25-29
Ages: 3 to 5-year-olds
Time: 4p.m. to 5.30p.m.
Fee: \$79

BEGINNERS GOLF CLINIC

Using a revolutionary new system, the USSI Golf Clinic is the ideal way to introduce youngsters to the game of golf. Children will learn all the basic golf techniques such as the swing, grip and ball striking, using unique and fun training methods, as well as doing team challenges and playing in our US Open Competition. Children will experience greater success using the larger balls and club heads, allowing them to strike the ball more consistently and increase their confidence, which will encourage them to continue to enjoy the game of golf.

Location: Rockville High School
Dates: July 25 - 29
Ages: 5 to 12 year olds
Time: 4:00p.m. to 5:30p.m.
 (5-7 year-olds)
 5:30p.m. to 7:00p.m.
 (8-12 year-olds)
Fee: \$99

TENNIS CLINIC

USSI tennis staff will follow curriculums and guidelines laid out by the USTA, which includes the highly-appraised Quickstart Tennis format. At every level, participants will learn the basic fundamentals in stroke production, court movement and footwork skills, all in a low pressured environment. Most importantly it's all about fun, with games,

games and more games during each session! This Tennis Camp is suited to players who are of beginner to intermediate level. All children who attend the tennis camp will have a great time playing and learning the number one racket sport. Children need to provide racket.

Location: Rockville High School
Dates: July 25 - 29
Ages: 5 to 12 year olds
Time: 9a.m. to 10:30a.m.
 (5-7 year-olds)
 10:30a.m. to 12p.m.
 (8-12 year-olds)
Fee: \$99

Cressotti Baseball School And Vernon Recreation Department SUMMER BASEBALL AND TEE BALL FUNDAMENTAL CLINIC

Brief history and philosophy - This is the 18th year of our program. Our major emphasis is to provide fundamentals to all our participants through lectures, discussions, and skill stations. Our school is based on the premise that baseball instruction is fun. You will properly learn and acquire baseball skills that will improve your game. We require all participants to bring their own equipment (glove, bat.) We recommend that you bring a snack and a water bottle. The clinic is open to ages 7-12 and ages 4-6.

Ages: 7-12
Session 1: July 18-22
Session 2: Aug. 1-5
Time: 9a.m.-12p.m.
Location: Henry Park, Vernon, CT
Fee: \$95
Ages: 4-6
Session 1: July 18-22
Session 2: Aug. 1-5
Time: 9a.m.-10:15a..
Location: Henry Park, Vernon, CT
Fee: \$50

Typical Daily Schedule

- stretching and throwing drills
- infield and outfield mechanics
- instruction at skill stations
- base running and sliding
- hitting mechanics
- swing series
- situational play, games, and activities

Excellence in Baseball is our Goal!!

Annual RDA Stephen C. Marcham A CAPPELLA SLAM



Sat, April 16th, 2011 at 7pm

in the Vernon Senior Center's Performance Hall
 26 Park Place, 2nd Floor in
 historic downtown Rockville, CT

Tickets \$20 ea - Available at RDA or Crystal Blueprint

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SUMMER PROGRAMS

PLAY WELL PRE-ENGINEERING CAMP

This camp is open to children ages 5-6 years old. Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them. Explore the many possibilities of LEGO® building systems while learning useful construction techniques.

When: Monday through Friday
August 22-26

Time: 9:00a.m. to 12:00p.m.

Location: Camp Newhoca

Fee: Residents: \$135
Non-Residents: \$140

PLAY WELL FUNDamentals

This exciting program is for children ages 7-9 years old. Design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings, and other constructions. Explore concepts in physics, mechanical engineering, structural engineering, and architecture, while playing with your favorite creations. This is a hands-on and minds-on class suitable for LEGO® building system novices to “maniacs.”

When: Monday through Friday
August 22-26

Time: 1:00p.m. to 4:00p.m.

Location: Camp Newhoca

Fee: Residents: \$135
Non-Residents: \$140

MAYOR'S CUP FITNESS CHALLENGE *Remaining Events*

LION'S LEAP (1.0 mile loop)

March 19, 2011

Lake Street School

ROAD RUNNER DASH

April 9, 2011

Center Road School

MOTHER'S DAY DASH

May 8, 2011

RAILS TO TRAIL HIKING CHALLENGE

June 4, 2011

(Church Street)

YOUTH PROGRAMS

(REK) RECREATION & EDUCATION FOR KIDS

The after school program that meets all expectations!

PROGRAMS AT: Skinner Road, Northeast, Center Road, & Maple Street School

Program runs from the first day of school through the last day of school.

HOURS: Monday – Friday (from the end of the school day until 6p.m.)

Programs offered on half days, and school vacations.

The Vernon Parks and Recreation Department is committed to providing high quality educational experiences for your child. Our after school program includes many community partnerships.

This program has been carefully designed to offer parents a great option to have your child in a well-rounded,

fun filled environment. P&R strives to make this program affordable and convenient. Your feedback is always welcome!!!!

YOUR TYPICAL DAY

The REK program strives to meet each child's intellectual and physical needs through a variety of creative indoor and outdoor experiences. Everyday activities include:

- Homework – Children have time each day to complete their homework.
- Fitness- Every day there is a designated time for introducing kids to new and fun ways to achieve physical fitness.
- Sports- Different sports will be played each day
- Snack- A nutritious snack will be served.

- Arts & Crafts- Other fun activities will be planned for your child.

PRICING FOR 2010-2011

\$12 per day • \$18 per early dismissal

TO REGISTER

To register now for the 2010-2011 REK program, you must complete the registration form and return it to the Vernon Parks and Recreation office with a non-refundable check for the first two weeks of the program. This deposit will reserve your spot for the school season and pay for your first two weeks of the program. Don't wait, space is limited!!!!

Parents must choose and commit to which days of the week their child will attend.

RISE & SHINE KIDS ENROLL NOW! SPACE IS LIMITED

The Vernon Parks & Recreation Department announces a **new before-school program** for grades K- 5 (a.m. kindergarten only) at **Skinner Road School** and **Center Road School**, beginning at 7:00 a.m., every school morning.

Payments are on a monthly basis, whether your child attends one day or five days (no daily rate/no refunds). If payment is not received for the following month, your child may **NOT** attend the program, and a \$5 late fee will be applied to your account. If school has a delayed opening, there is no additional fee. If school is cancelled, so is the program, there is no refund. If school is delayed and then turns to a cancellation you must pick up your child by 12:00 p.m.

PAYMENT SCHEDULE

\$105/due March 25 (4/4-4/29)

3 weeks

\$140/due April 15 (5/2-5/27)

4 weeks

\$105/due May 20 (5/31-6/17)

3 weeks

Registration deadline is the Thursday prior to start of program.

YOU MUST PRE-REGISTER FOR THIS PROGRAM. There are absolutely **NO DROP-INS allowed.**

Once you are enrolled, you are committed to the school year. A two-week written notice is required if you no longer need the program, a \$5 transaction fee will be applied.

Breakfast is available to all children through the school. The cost is \$1 per day and is not included in the Parks and Recreation Department fee. This is only an option and not an obligation. You may send your child to the program with their own breakfast.

TO REGISTER

Every child must have a completed registration form (see reverse) submitted to the Parks and Recreation Department office. Parents/Guardians may register by mail to Vernon Parks and Recreation Department, 120 South Street, with a check or money order made payable to “Town of Vernon” or register on-line with a Visa or MasterCard at www.vernon-ct.gov

For more information please contact
Vernon Parks & Recreation
120 South Street, Vernon, CT 06066
860 - 870 - 3520

YOUTH PROGRAMS

PEE WEE BASEBALL

An instructional, coed program, that teaches the fundamentals of baseball to young players using a variety of fun drills and activities designed to develop skills and a love for the game. Art Wheelock and the Rockville High coaches and their players provide instruction and discuss the importance of having fun and good sportsmanship. The program meets for 6 weeks. Class size is limited! Deadline April 8.

Age: Coed, Ages 5-8

When: Saturdays, April 16– May 21

Time: 10:00 a.m.—11:00 a.m.

Where: Rockville High School

Baseball Field

Fee: Residents \$33

Non-Residents \$38

Register at the Lottie Fisk Building in Henry Park or call 870-3520 for more information.

TUMBLE TIME

Get your little ones on their feet and ready to have some fun! This program is a **PARENT/CHILD** class for children ages 18 months to 35 months. Participants will play fun games with hoola hoops, parachutes, sing songs, skip, jump and much more. This class will help your child develop motor, listening and social skills. Don't miss out on this fun Friday morning class.

When: Fridays, April 29-June 3

Time: 9:30-10:15a.m.

Where: Vernon Teen Center

Fee: Residents \$35

Non-Residents \$40

Instructor: Ms. Pat

PRESCHOOL FITNESS

The focus of this program is to get children involved in physical activity at an early age. This class is for children ages 3-5 years old. Classes include exercise, dance, body awareness, and fun games. Motor and listening skills will also be emphasized.

When: Fridays, April 29-June 3

Time: 10:15-11:00a.m.

Where: Vernon Teen Center

Fitness Room

Fee: Residents \$35

Non-Residents \$40

Instructor: Ms. Pat

PEE WEE TRACK

This program is open to children ages 3 to 5 years old. Learn the fundamentals of track running. Here is the opportunity to meet new friends, release that bundle of energy and have fun learning the sport behind running! Participants will play fun drills and activities to develop an appreciation and love for running track. All participants will receive a T-shirt. This program will meet once a week for 6 weeks.

When: Thursdays, April 28-June 2

Time: 5:45-6:30p.m.

Where: Rockville High School Track

Fee: Residents \$40

Non-Residents \$45

Instructor: Ms. Pat

KARATE

This karate program is for children ages 5-12 years old. The Dragons and Advanced is for children 5-8 and the Preteen program is for children 9-12 years old. Martial Arts will help your child develop self-defense, self-control, self-discipline and confidence. Trained instructors, under the direct supervision of Kempo Master Rod Fuller of Hidden Dragon Karate, will teach the program. Program runs for 6 weeks.

When: Wednesdays, May 11-June 15

Time: **Dragons(Beginner)**

5:00-5:30p.m.

Advanced: 5:45-6:15p.m.

Preteen/Teen: 6:30-7:15p.m.

Where: Vernon Teen Center
Fitness Room

Fee: Residents \$43

Non-Residents \$48

Instructor: Hidden Dragons

HIP HOP DANCE CLASS

This is a dance class for anyone ages 9 or older. The dance students will learn choreographed routines to Hip Hop, R&B, and Latin music. The class will fuse the elements of hip hop dance which will include Breakin', Poppin',

Lockin' and Latin. This genre of dance is great exercise, as well as a chance to learn and use memory skills. Get yourself ready to have fun!

When: Fridays, April 29-June 3

Time: 5:00-6:00 p.m.

Where: Vernon Teen Center

Fee: Residents \$45

Non-Residents \$50

Instructor: Loriann Garcia

VERNON TRACK CLUB

The Vernon Parks and Recreation Department and Ticketnetwork will be sponsoring a track program for boys and girls in grades K-8. This program has track meets with neighboring towns, which requires you to transport your child to and from those towns. NOTE: Meets may run on a different day of the week. Participants are required to come at least one day, two is preferred.

When: Tuesdays & Thursdays
April 26-June 16

Time: 6:00-7:00p.m.

Where: Rockville High School Track

Fee: Residents \$45

Non-Residents \$50

Coach: Andra



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HIKING

Saturday, April 16

Enjoy a spring exercise hike in the scenic hills around Valley Falls Park. Moderate difficulty, about 2 hours, four miles. Meet at Valley Falls parking lot at 10 a.m. For more information, call 860-870-3520.

Saturday, April 30

Join a wildflower/nature walk at Valley Falls Park. Meet at the parking lot at 9 a.m. For more information, call 860-870-3520

Saturday, May 7

Join a wildflower/nature walk at Valley Falls Park. Meet at the parking lot at 1 p.m. For more information, call 860-870-3520

Saturday, May 14

Celebrate International Migratory Bird Day with a morning bird walk at the Belding Wildlife Management Area. Learn to identify birds by sight and by song. Over 80 species of birds have been recorded at the Belding Wildlife Management Area. Meet at the parking area on Bread and Milk Road at 8:00a.m. For more information, call 860-870-3520.

Saturday, May 28

Enjoy a spring exercise hike on the Hockanum River Linear Trail. See the Vernon and Ellington marshes. Easy walk, about 2 ½ hours, 4 ½ miles. Meet at Dart Hill Park parking lot 700 feet from Rte. 83, across from Worchester Road at 10 a.m. For more information call 860-870-3520.

Saturday, June 4 Trails Day

Celebrate the addition of the Talcottville Ravine to the Vernon open space inventory. Learn why the Ravine is rated as the top open space parcel. Enjoy a short walk on the popular Rail Trail, then along the Tankerhoosen River through the Ravine for a total distance of 2.6 miles/2 hours. Meet at Rail Trail parking lot on Church St. off Dobson Rd at 1 p.m. Questions, call 860-870-3520.

The Vernon Parks and Recreation Department will be holding a **Trails Day Hiking Challenge**. Students are encouraged to come out to hike and represent their school. This is the last event of the Mayor's Cup Challenge (there is a three mile limit per child).

Who: Children K-5

Where: Rails to Trail
Church Street entrance

When: June 4, 2011

Fee: FREE!!!!

Time: 9:00 a.m.-11:00 a.m. (Guided Hike to leave promptly at 9:15a.m.)

June 18, 2011

There will be a dedication of the new one-mile stone dust Walking Trail at noon. A ribbon cutting ceremony will take place at the Dart Hill South parking lot followed by a tour of the new facility. Light refreshments will be served. (Don Bellingham)

SPECIAL EVENTS & BUS TRIPS

TRAILS DAY 2011

Hike. Saturday, June 4, 10:00 a.m. to 12:30 p.m. Valley Falls Park/Shenipsit Trail. George Arthur and Joe King, volunteer trail managers for the Connecticut Forest and Park Association, will lead a scenic 3-mile walk along the Blue-Blazed Shenipsit Trail in Valley Falls Park and the adjoining Connecticut Department of Environmental Protection's Belding Wildlife Management Area. Enjoy the scenery, and see 18 trail constructions, made to "harden" popular trails. Bring optional lunch for the end of the hike. Sponsored by Vernon Parks and Recreation Department. Meet at 9:45a.m. at Valley Falls Park (Valley Falls Road, Vernon) Pre-registration is not necessary. Children welcome, no dogs. Rain or shine. Questions: contact George Arthur, trailsarthur2@comcast.net, (860) 871-0137.

MOTHER'S DAY DASH

The Vernon Parks and Recreation Department will be sponsoring the 38th annual 5K Mother's Day Dash on Sunday May 8. The start and finish will take place in Henry Park (120 South St. in Vernon.)

There are 17 different age divisions and a special mother-daughter, mother-son division. The top three in each division will receive prizes. In addition to the main race, there will also be a special children's race.

There will be a free raffle for all runners that stay for the awards ceremony.

Live family entertainment will be provided throughout the race.

There will be plenty of water, bagels and fruit available to the runners.

Race proceeds will benefit the Send A Kid To Camp Program, Vernon Teen Center, the Police Explorers and the Robert J. Bonadies Scholarship Fund at Rockville High School.

For further information, please contact Bruce Watt at 860-870-3520.

46th ANNUAL FISHING DERBY

Sponsored by: JtTs Flyshop; Union, Conn.

on Saturday, May 7, 8:00a.m. to 11:00a.m. (Rain date: May 8). Valley Falls Pond will be stocked with plenty of trout, so take this opportunity to introduce your children (ages 15 and under) to fishing when the odds are stocked in their favor. No charge for residents, \$3 for non-residents. Prizes will be given to the top three in each division. The John M. Gessay Award will be presented to the participant who catches the heaviest trout.

FIREWORKS SPONSORSHIP

The annual fireworks will be held on Thursday, June 30, 2011. The Parks and Recreation Department is accepting donations from individuals and businesses for this event. For details, contact the office at 870-3520.

SPONSORSHIP OPPORTUNITIES

Any business interested in having a 4x8 sign displayed year-round at the Henry Park softball field is asked to contact the P&R office regarding details. Henry Park has more than 200,000 participants that use the park. There are numerous special events that take place in the park. There isn't a more visible place in Vernon, so take advantage of this opportunity.

ROGER WILLIAMS ZOO BUS TRIP

Come and see the lions and tigers and bears, oh my! The Vernon Parks and Recreation Department will be sponsoring a trip to the Roger Williams Zoo located in Providence, RI. This is the perfect trip to take your family on during the school April vacation week! The bus will depart from the Vernon Teen Center (375 Hartford Turnpike) at 8a.m., arriving at the zoo at approximately 9:30a.m. The bus will depart from the zoo at 3:30p.m., arriving back in Vernon at approximately 5:00p.m. Children under the age of 18 must be accompanied by an adult. Space is limited and is on a first-come, first-served basis.

Wednesday, April 20

Depart at 8a.m. from Vernon Teen Center (375 Hartford Tpke)

Fee: Residents \$38

Non-Residents \$40



LOOK WHAT'S NEW!!

Come and check out the new and improved Vernon Parks and Recreation Department's website at:

www.vernon-ct.gov

At our site you can now view videos of parks and programs, check for program cancellations, find quick links to community websites (such as the Vernon Depot, Vernon Greenways Volunteers, and more).

EVENTS CONTINUED

NEWPORT, RI BUS TRIP

The Vernon Parks and Recreation Department is sponsoring a trip to beautiful Newport, RI. Take the day to enjoy this trip on your own to shop, take a walk on the Cliff Walk, visit the luxurious mansions, enjoy the beaches and much more! Newport has so much to offer. The bus will depart from the Vernon Teen Center (375 Hartford Turnpike) at 8a.m. and will leave Newport at 5pm. Children under the age of 18 must be accompanied by an adult. Space is limited and is on a first-come, first-served basis.

Saturday, July 23

Depart at **8 a.m.** from Vernon Teen Center (375 Hartford Tpke)

Fee: Residents \$35
Non-Residents \$40

NEW YORK YANKEES

The Vernon Parks and Recreation Department welcomes you to see a New York Yankee game in their new stadium! We are running a trip to see the Yankees play the Tampa Bay Rays on Saturday, July 9. The bus will depart from the Teen Center (375 Hartford Tpke) at 9:00am. The game will begin at 1:05p.m. Cost includes game ticket and coach bus transportation. An adult must accompany children under age of 18. Space is limited and is on a first-come, first-served basis.

Saturday, July 9

Departure at **9:00 a.m.** from the Vernon Teen Center (375 Hartford Tpke)

Fee: \$80 for Residents
\$85 for Non-Residents

BOSTON RED SOX

Come and enjoy an exciting game between the Boston Red Sox and the Oakland A's at Fenway Park in Boston on Saturday, August 27. You will have plenty of time before the game to enjoy sight-seeing, shopping and more in Boston. Game time is tentatively set at 7:00p.m. Cost includes game ticket in Right Field Box and coach bus transportation. An adult must accompany children under age of 18. Space is limited and is on a first-come, first-served basis.

Saturday, August 27

Departure at **12:00p.m.** from Vernon Teen Center (375 Hartford Tpke)

Fee: \$90 for Vernon Residents
\$95 for Non-Residents

EASTER EGG HUNT

The Annual Easter Egg Hunt will once again take place at Henry Park this spring on Friday, April 22. Come and hunt for thousands of foil wrapped solid chocolate Easter Eggs hidden by the Easter Bunny. Children 2-4 must be accompanied by an adult during the event. No pre-registration is required.

Who: Children ages 2-8

When: Friday, April 22 (rain date April 23)

Location: Henry Park

Times: **Age 2:** 9:45a.m.

Age 3-4: 10:15a.m.

Age 5-6: 9:30a.m.

Age 7-8: 10:00a.m.

EARTH DAY

Come and help keep Vernon beautiful and clean on Thursday, April 21! The Vernon Parks and Recreation Department and The Garden Barn welcome families, friends and organizations to help take part in projects to help beautify the town. Projects include planting trees, park beautification, landscaping, gardening, and more. Interested groups may call the Parks and Recreation Department at 870-3520 for more information.

SEND A KID TO CAMP

The Vernon Parks and Recreation Department is looking for sponsorships to send a child to camp this upcoming summer. A \$75 sponsorship can send a child to camp for a full week. Our goal is to give 100 children the opportunity to go to camp this summer that may not usually be able to attend.

ROCKVILLE HERITAGE WALKING TRAIL:

With warm weather around the corner, step outside, take a walk and enjoy the NEW Rockville Heritage Walking Trail. This trail goes from Saxony Mill (West Street), along West Main Street, onto Main Street (between Adult Ed and Amerbelle) to Paper Mill Pond. Along the trail are seven informational signs giving historic facts and pictures on Rockville. Stops include: Saxony Mill; Hockanum Mill; Springville Mill; Florence Mill; Intersection of West Main & Main Street; Ano-Coil; Papermill Pond. Please take the time to enjoy the signs along the trail. Thank you to all the organizations, businesses, property owners and volunteers who helped make this project a success.



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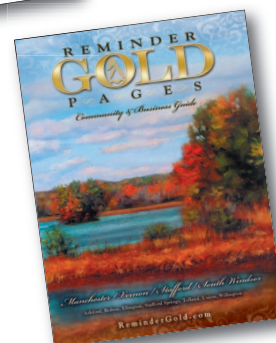
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RENTALS

POOL PARTIES!!

Make a big splash at your next summer party. Community Pool and Horowitz Pool are now available for pool parties. Pool parties are available on Saturdays and Sundays from 10:00 a.m. to noon or 6:00 p.m. through 8:00 p.m. The cost of the pool party is \$200. For further information, please call 870-3520.



NEWHOCA LODGE RENTAL

NEWHOCA Lodge is set on a gorgeous campground on Middle Bolton Lake. This is the perfect spot to hold a family reunion, baby shower, birthday party and much more. The fee to rent the lodge is \$35 an hour for the first 2 hours and \$17.50 for each additional hour for a resident and \$40 an hour for the first 2 hours and \$20 for each additional hour for non-residents. For more details, call Diane Garnelis at 860-870-3520.



PICNIC AREAS

Fox Hill Tower - Free
Church St. Rails to Trails- Free
Dart Hill Park- Free
Walker's Reservoir- Free
Saxony Mill Park- Free

The town's picnic groves are available for rent. Reserve yours today. **Only \$15 per day!** Picnic groves are located at the following locations:

Valley Falls Park: Located on Valley Falls Road, Valley Falls Parks contains picnic areas out in the field and one pavilion. Fees vary among picnic areas and length of rental time.

Henry Park: Located at 120 South Street, Henry Park has three picnic grove areas. There is a \$15 Resident or \$20 Non-Resident charge for the use of these areas.

Newhoca Park: Located on Grier Road, Newhoca Park has a pavilion that is great for all occasions. There is a \$35 an hour for the first 2 hours and \$17.50 for each additional hour for a resident and \$40 an hour for the first 2 hours and \$20 for each additional hour for non-residents.

RENT THE TEEN CENTER!

Birthday Parties • Showers • Reunion Meetings • Celebrations

Who wants to dirty their own house? Or have a bunch of kids running around? You don't have a convenient place to hold a meeting? Vernon Parks & Recreation has the perfect place for you!



ROOM/PACKAGE

BIG COMMUNITY ROOM OR SMALL MEETING ROOM

Resident Fee: \$35
 Non-Resident Fee: \$40

BIG COMMUNITY ROOM AND SMALL MEETING ROOM

Resident Fee: \$55
 Non-Resident Fee: \$60

FITNESS ROOM

Resident Fee: \$35
 Non-Resident Fee: \$40

GYMNASIUM

Resident Fee: \$50
 Non-Resident Fee: \$55

PRE-SCHOOL PARTY PACKAGE

Includes 2 hour party rental with 1 hour of VPR staff-led activities with games in the Preschool/Fitness Room and 1 hour of cake/gift time in Big Community Room. Appropriate for ages 5 and under.

Resident Fee: \$160 for 2 hours
Non-Resident Fee: \$180 for 2 hours

PREMIUM BOUNCY/SPORT PARTY

Includes 2 hours party rental with 1 hour in the gym with a Moon Bounce and gym equipment (basketballs, dodgeballs, playground balls) and 1 hour of cake/gift time in Big Community Room.

Resident Fee: \$200 for 2 hours
Non-Resident Fee: \$220 for 2 hours

BIG COMMUNITY ROOM

Holds up to 75 people
 Booth style seating
 Six 6' tables available upon request
 60 folding chairs available upon request
 Pool table, foosball table & air hockey table
 Food allowed

SMALL MEETING ROOM

Holds up to 20 people
 3 sofas for seating
 Two 6' tables available upon request
 Additional folding chairs available upon request
 NO food allowed

FITNESS/PRESCHOOL ROOM

Holds up to 30 people
 NO food allowed

GYMNASIUM

Holds up to 300 people with or without chairs
 Holds up to 175 with tables & chairs
 2 Basketball hoops

Fees are PER HOUR. After 2 hours, additional time made be added in half-hour increments if desired. Your reservation must include set-up and clean up time. Renters are responsible for cleaning up.

BEACH FRONT PARTIES!

Looking for that perfect place to throw your beach parties? Why not have it a Newhoca Park Private Beach. The Newhoca Private Beach Rental, located on Bolton Middle Lake, includes a pavilion, private beach area, 2 life-guards, canoe and paddle boats, and of course FUN! Available on week-



ends only. Call today to reserve your date or to set up a time to see it. Fees varies depending on length of party.

For more information please contact
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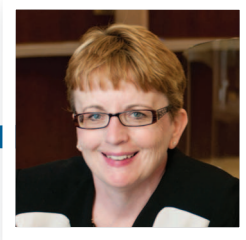
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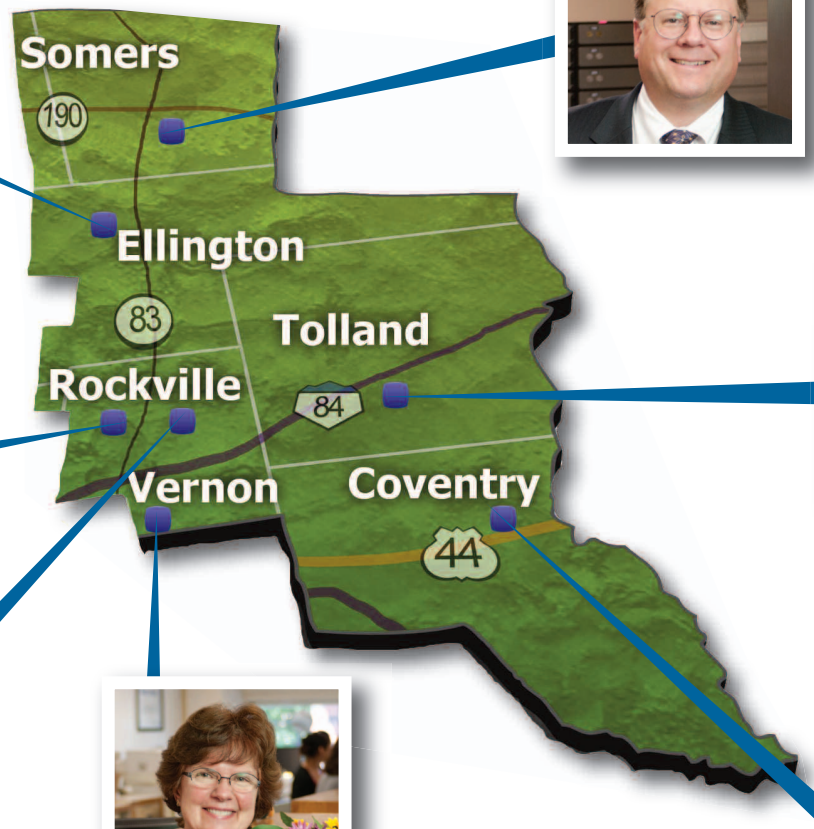
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